



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 36019, APPLEBEE'S, chili

Report Date: July 04, 2017 16:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	71.31	6	1.447	64.9	74.75	5.0	67.588	75.028	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	157	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	656	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein <sup>1</sup>	g	12.56	6	0.765	10.69	15.2	5.0	10.597	14.532	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) <sup>1</sup>	g	9.79	6	0.925	7.8	13	5.0	7.418	12.172	1	Analytical or derived from analytical	--	03/2013
Ash <sup>1</sup>	g	1.76	6	0.057	1.52	1.95	5.0	1.616	1.908	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	4.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary <sup>1</sup>	g	1.4	3	0.101	1.2	1.6	2.0	0.953	1.821	1	Analytical or derived from analytical	--	03/2013
Sugars, total <sup>1</sup>	g	2.27	3	0.112	2.15	2.49	2.0	1.786	2.753	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.22	3	0.032	0.18	0.28	2.0	0.079	0.353	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) <a href="#">1</a>	g	1.07	3	0.049	0.99	1.16	2.0	0.862	1.284	1	Analytical or derived from analytical	--	03/2013
Fructose <a href="#">1</a>	g	0.98	3	0.085	0.88	1.15	2.0	0.612	1.347	1	Analytical or derived from analytical	--	03/2013
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Starch <a href="#">1</a>	g	0.43	3	0.033	0.4	0.5	2.0	0.29	0.577	1	Analytical or derived from analytical	--	03/2013
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	34	6	4.240	24	52	5.0	23.234	45.032	1	Analytical or derived from analytical	--	03/2013
Iron, Fe <a href="#">1</a>	mg	1.46	6	0.132	0.98	1.82	5.0	1.12	1.8	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg <a href="#">1</a>	mg	18	6	0.690	16	20	5.0	16.337	19.885	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	104	6	6.203	88	124	5.0	88.504	120.396	1	Analytical or derived from analytical	--	03/2013
Potassium, K <a href="#">1</a>	mg	320	6	6.808	288	334	5.0	302.054	337.057	1	Analytical or derived from analytical	--	03/2013
Sodium, Na <a href="#">1</a>	mg	381	6	16.182	324	430	5.0	339.791	422.986	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn <a href="#">1</a>	mg	2.23	6	0.302	1.44	3.13	5.0	1.453	3.005	1	Analytical or derived from analytical	--	03/2013
Copper, Cu <a href="#">1</a>	mg	0.086	6	0.004	0.07	0.09	5.0	0.076	0.095	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn <a href="#">1</a>	mg	0.084	6	0.004	0.07	0.1	5.0	0.073	0.095	1	Analytical or derived from analytical	--	03/2013
Selenium, Se <a href="#">1</a>	µg	13.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	1.1	3	0.250	0.7	1.6	2.0	0.071	2.221	1	Analytical or derived from analytical	--	03/2013
Thiamin <a href="#">1</a>	mg	0.037	3	0.003	0.03	0.04	2.0	0.022	0.051	1	Analytical or derived from analytical	--	03/2013
Riboflavin <a href="#">1</a>	mg	0.207	3	0.013	0.18	0.22	2.0	0.149	0.264	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	3.557	3	0.325	2.93	4.02	2.0	2.158	4.955	1	Analytical or derived from analytical	--	03/2013
Pantothenic acid <a href="#">1</a>	mg	0.405	2	--	0.34	0.47	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 <a href="#">1</a>	mg	0.321	3	0.031	0.28	0.38	2.0	0.188	0.455	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12 <a href="#">1</a>	μg	1.26	3	0.155	0.97	1.5	2.0	0.592	1.921	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	μg	149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol <a href="#">1</a>	μg	93	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta <a href="#">1</a>	μg	577	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha <a href="#">1</a>	μg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta <a href="#">1</a>	μg	200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	1436	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene <a href="#">1</a>	µg	4639	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lutein + zeaxanthin <a href="#">1</a>	µg	367	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.15	3	0.179	0.86	1.48	2.0	0.378	1.916	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta <a href="#">1</a>	mg	0.07	3	0.053	0	0.17	2.0	-0.154	0.299	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma <a href="#">1</a>	mg	0.08	3	0.076	0	0.23	2.0	-0.252	0.405	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta <a href="#">1</a>	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
<b>Lipids</b>													
Fatty acids, total saturated	g	4.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
8:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 <a href="#">1</a>	g	0.011	3	0.002	0.01	0.01	2.0	0.004	0.019	1	Analytical or derived from analytical	--	03/2013
12:0 <a href="#">1</a>	g	0.012	3	0.001	0.01	0.01	2.0	0.006	0.019	1	Analytical or derived from analytical	--	03/2013
14:0 <a href="#">1</a>	g	0.308	3	0.057	0.24	0.44	2.0	0.09	0.581	1	Analytical or derived from analytical	--	03/2013
15:0 <a href="#">1</a>	g	0.048	3	0.010	0.04	0.07	2.0	0.007	0.098	1	Analytical or derived from analytical	--	03/2013
16:0 <a href="#">1</a>	g	2.330	3	0.349	1.91	3.12	2.0	1.04	4.039	1	Analytical or derived from analytical	--	03/2013
17:0 <a href="#">1</a>	g	0.112	3	0.024	0.09	0.17	2.0	0.018	0.226	1	Analytical or derived from analytical	--	03/2013
18:0 <a href="#">1</a>	g	1.309	3	0.188	1.08	1.73	2.0	0.617	2.236	1	Analytical or derived from analytical	--	03/2013
20:0 <a href="#">1</a>	g	0.012	3	0.001	0.01	0.01	2.0	0.007	0.019	1	Analytical or derived from analytical	--	03/2013
22:0 <a href="#">1</a>	g	0.006	3	0.001	0.01	0.01	2.0	0.002	0.01	1	Analytical or derived from analytical	--	03/2013
24:0 <a href="#">1</a>	g	0.004	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	4.809	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:1 <sup>1</sup>	g	0.098	3	0.015	0.08	0.13	2.0	0.044	0.17	1	Analytical or derived from analytical	--	03/2013
15:1 <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated <sup>1</sup>	g	0.382	3	0.060	0.3	0.5	2.0	0.16	0.673	1	Analytical or derived from analytical	--	03/2013
16:1 c <sup>1</sup>	g	0.345	3	0.055	0.27	0.45	2.0	0.14	0.612	1	Analytical or derived from analytical	--	03/2013
16:1 t <sup>1</sup>	g	0.037	3	0.006	0.03	0.05	2.0	0.016	0.064	1	Analytical or derived from analytical	--	03/2013
17:1 <sup>1</sup>	g	0.083	3	0.018	0.06	0.13	2.0	0.011	0.17	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated <sup>1</sup>	g	4.212	3	0.676	3.53	5.85	2.0	1.681	7.5	1	Analytical or derived from analytical	--	03/2013
18:1 c <sup>1</sup>	g	3.740	3	0.529	3.18	5.01	2.0	1.8	6.354	1	Analytical or derived from analytical	--	03/2013
18:1 t <sup>1</sup>	g	0.471	3	0.161	0.35	0.83	2.0	-0.178	1.205	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <sup>1</sup>	g	0.034	3	0.004	0.03	0.04	2.0	0.021	0.054	1	Analytical or derived from analytical	--	03/2013
22:1 undifferentiated <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:1 c <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:1 t <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
24:1 c <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	0.644	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated <sup>1</sup>	g	0.542	3	0.053	0.49	0.67	2.0	0.363	0.819	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c <sup>1</sup>	g	0.410	3	0.036	0.38	0.49	2.0	0.292	0.602	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs <sup>1</sup>	g	0.066	3	0.013	0.06	0.1	2.0	0.014	0.129	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined <sup>1</sup>	g	0.067	3	0.007	0.06	0.08	2.0	0.042	0.103	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated <sup>1</sup>	g	0.038	3	0.006	0.03	0.05	2.0	0.016	0.067	1	Analytical or derived from analytical	--	03/2013
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.036	3	0.005	0.03	0.05	2.0	0.018	0.06	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	03/2013
18:3i <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
18:4 <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c <sup>1</sup>	g	0.005	3	0.001	0	0.01	2.0	--	0.01	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated <sup>1</sup>	g	0.016	3	0.002	0.01	0.02	2.0	0.009	0.026	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 <sup>1</sup>	g	0.016	3	0.002	0.01	0.02	2.0	0.009	0.026	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated <sup>1</sup>	g	0.028	3	0.003	0.03	0.04	2.0	0.018	0.044	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) <sup>1</sup>	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 <sup>1</sup>	g	0.005	3	0.003	0	0.01	2.0	-0.007	0.018	1	Analytical or derived from analytical	--	03/2013
22:5 n-3 (DPA) <sup>1</sup>	g	0.007	3	0.002	0.01	0.01	2.0	-0.001	0.017	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.576	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.508	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol <sup>1</sup>	mg	45	3	4.176	38	53	2.0	26.931	62.868	1	Analytical or derived from analytical	--	03/2013
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine <sup>1</sup>	g	0.402	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine <sup>1</sup>	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine <sup>1</sup>	g	0.927	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine <sup>1</sup>	g	0.844	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">1</a>	g	0.278	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cystine <a href="#">1</a>	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine <a href="#">1</a>	g	0.474	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine <a href="#">1</a>	g	0.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine <a href="#">1</a>	g	0.639	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine <a href="#">1</a>	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine <a href="#">1</a>	g	0.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine <a href="#">1</a>	g	0.793	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid <a href="#">1</a>	g	1.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid <a href="#">1</a>	g	2.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine <sup>1</sup>	g	0.834	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Proline <sup>1</sup>	g	0.855	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine <sup>1</sup>	g	0.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline <sup>1</sup>	g	0.240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD